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PRICE, \$1.00

THE FOOD CHART

What The Chart Shows:

The purpose of this chart is to bring out certain important and well-established facts about food in a new and graphic method. Up to this time the composition of foods has been presented to the house-keeper chiefly in books and in terms of figures and percentages. This Chart presents such facts not only in the old way, but also by diagrams and in colors, which should appeal quickly to the eye and be of assistance to the memory.

Its Uses:

1. Guide for Balanced Meals
2. Guide for Dieting
3. Guide for Decreasing Weight
4. Guide for Increasing Weight
5. Guide for General Health
6. Guide for Cheaper Meals
7. Suggestions for Meals
8. Suggestions for Combinations of Foods.

CHART BASIS, ONE POUND

Carbohydrates.

The Carbohydrates are compounds of carbon, hydrogen and oxygen occurring in foods, and are mostly known as starches and sugars. They can be stored up in a large quantity and have the power of being quickly digested. Like Fat and Protein, they give heat and energy, but far more quickly. One ordinarily eats $2\frac{1}{2}$ times more Carbohydrates than Fat or Protein. The energy value of Carbohydrates in food is 4.1 Calories per gram or 1814 Calories per pound. They are found on the chart in BLUE.

Fat.

The fats are the substances that make up the Fats, Lipins, Oils, etc., and like Carbohydrates, are compounds of carbon, hydrogen and oxygen, and are found mostly and known better as the Fats of meat, butter, lard, etc. Fats are also stored up for reserve, but are much slower in digesting than Carbohydrates. The energy value of Fat is 9.3 Calories per gram or 4093 Calories per pound. They are found on the chart in GREEN.

Protein.

The Proteins are the compounds of carbon, hydrogen, oxygen, nitrogen, sulphur, phosphorus (sometimes) and iron (sometimes); like both Fats and Carbohydrates, it acts as fuel, but does very little storing. Its function is to build and repair tissues immediately. The energy value of Proteins is 4.1 Calories per gram or 1814 Calories per pound. They are found on the chart in RED.

Mineral Matter and Ash.

The greater constituents of mineral matter and ash are sulphur, phosphorus, chlorine, sodium, potassium, calcium, magnesium and iron. Unlike the first three mentioned constituents, mineral matter and ash are not energy giving or do they do any storing. Their function, it seems, is only to enrich the blood, form our bones, teeth, nails, etc. They are found on the chart in BLACK.

Water.

The element of food found on the chart in YELLOW. It is not known that it contains any other function than to add bulk to the diet. Contains hydrogen 2 parts to oxygen 1 part.

Vitamin A.

Fat—soluble A—Vitamin present in certain foods, the absence of which is supposed to lead to the so-called food deficiency disease known as Rickets. Shown on the chart below the name of the food.

Vitamin B.

Water—soluble B—Vitamin present in certain foods, the absence of which is supposed to lead to the so-called food deficiency disease known as Beri Beri. Shown on the chart below the name of the food.

Vitamin C.

Water—soluble C—Vitamin present in certain foods, the absence of which is supposed to lead to the so-called food deficiency disease known as Scurvy. Shown on the chart below the name of the food.

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TIME FOR DIGESTING FOOD

<u>Meats</u>	<u>How Cooked</u>	<u>Time</u> h. m.	<u>Vegetables</u>	<u>How Cooked</u>	<u>Time</u> h. m.
Hashed Meat	Warmed	2 30	Beans, pod	Boiled	2 30
Beef	Fried	4 00	Beans, green	Boiled	3 45
Beefsteak	Broiled	3 00	Corn, green	Boiled	3 45
Beef, fresh, lean, dry	Roasted	3 30	Turnips	Boiled	3 30
Beef, fresh, lean, rare	Roasted	3 00	Cabbage	Raw	2 30
Chicken, full grown	Fricassee	2 45	Cabbage, sour	Raw	2 00
Duck, Tame	Roasted	4 00	Cabbage	Boiled	4 30
Duck, Wild	Roasted	4 30	Carrot	Boiled	3 13
Fowls, Domestic	Roasted	4 00	Parsnips	Boiled	2 30
Lamb, fresh	Broiled	2 30	Potatoes, Irish	Baked	2 30
Mutton, fresh	Broiled	3 00	Potatoes, Irish	Boiled	3 30
Oysters, fresh	Raw	2 55	Beets	Boiled	3 45
Oysters, fresh	Roasted	3 15	<u>Fruit</u>		
Oysters, fresh	Stewed	3 30	Apples, sour, hard	Raw	2 50
Pork, steak	Broiled	3 15	Apples, sweet, mellow	Raw	1 30
Pork, fat and lean	Roasted	5 15	<u>Dairy Products</u>		
Pork, recently salted	Fried	4 15	Custard	Baked	2 45
Pork, recently salted	Stewed	3 00	Cheese, strong	Raw	3 30
Turkey, domesticated	Roasted	2 30	Eggs, fresh	Raw	2 00
Veal, fresh	Boiled	4 00	Eggs, fresh	Scrambled	1 30
Veal, fresh	Fried	4 30	Eggs, fresh	Roasted	2 15
Sausages, fresh	Broiled	3 20	Eggs, fresh	Soft Boiled	3 00
Pigs Feet	Boiled	1 00	Eggs, fresh	Hard Boiled	3 30
Suet, Mutton	Boiled	4 30	Eggs, fresh	Fried	3 30
Suet, Beef, fresh	Boiled	5 30	Milk	Raw	2 15
<u>Fish</u>			Milk	Boiled	2 00
Bass, striped	Broiled	3 00	Butter		3 30
Catfish	Fried	3 30	<u>Bread</u>		
Codfish, cured, dry	Boiled	2 00	Bread, corn	Baked	3 15
Salmon, salted	Boiled	4 00	Bread, wheat, fresh	Baked	1 30
Trout, Salmon, fresh	Boiled	1 30	<u>Grains</u>		
<u>Soups</u>			Rice	Boiled	1 00
Soup, Bean	Boiled	3 00	Tapioca	Boiled	2 00
Soup, Chicken	Boiled	3 00			
Soup, Mutton	Boiled	3 30			
Soup, Beef & Veg.	Boiled	4 00			

NOTE: You will note that the foods that require approximately the same time to digest have approximately the same chemical composition.

TABLE OF MEASURES

- 3 teaspoons—1 tablespoon.
- 16 tablespoonfuls—1 cup.
- 2 cups butter—1 lb.
- 4 cups flour—1 lb.
- 2 cups sugar—1 lb.
- 3 cups cornmeal—1 lb.
- 2 cups liquid—1 lb.
- 2 tbs. liquid—1 oz.

BALANCED MEALS

	Food	Fat	Protein	C. H.	
Meats	2 lbs. Veal Cutlets	72	180		
Vegetables	1 lb. Butter Beans (Lima)	4½	31½	99	
	2 lbs. Cabbage (Slaw)	9	9	45	
	2 lbs. Potatoes (Irish)	9	18	135	
Dairy	⅛ lb. Butter	48			
Products	½ lb. Cream	43	6	11	
Fruit	1 lb. Apricots (Dried)	4½	22½	510	grams
Dessert	Tapioca (see below)	22½	22½	148	1 lb.—453.6
Bread	½ lb. Bread	4½	27	164	½ lb.—226.8
	TOTAL GRAMS	216	316½	1112	

What This Should Show: A ratio of one fat to two protein to seven carbohydrates is considered a well-balanced meal; that is 1/10—2/10—7/10.

How It Is Figured: Number of persons to meal, 3. Two lbs. veal cutlets—8% fat to lb. equals 36 grams, 2 lbs.—72 gr.; 20% protein—90 grams to lb.; 2 lbs.—180 gr.

One lb. Lima beans—1% fat—4½ gr.; 7% protein—31½ gr; 22% C. H.—99 grams.

Two lbs. cabbage (raw)—1% fat to lb.—4½ grams; 2 lbs.—9 gr.; 1% protein to lb.—4½ gr.; 2 lbs.—9 gr.; 5% C. H. to lb.—22½ gr.; 2 lbs.—45 gr.

Two lbs. potatoes (Irish)—1% fat to lb.—4½ gr.; 2 lbs.—9 gr.; 2% protein to lb.—9 gr.; 2 lbs.—18 gr.; 15% C. H. to lb.—67½ gr.; 2 lbs.—135 gr.

One lb. apricots (dried)—1% fat to lb.—4½ gr.; 5% protein—22½ gr.; 63% C. H.—283½ gr.

Tapioca with the following ingredients: 1 pt. milk—1 lb.; 1 lb. 4% fat—18 gr.; 3% protein—13½ gr.; 5% C. H.—22½ gr. 1 egg—1/9 lb. 1% fat—4½ gr.; 1¾ protein—9 gr.; ½ cup or ¼ lb. sugar—25% C. H. or 112 gr.; 1 tbs. or 1/32 lb. tapioca—3% C. H. 13½ gr.; ⅛ lb. butter—85% fat to lb., ⅛ lb.—10%—45 gr.; ½ lb. cream to meal—19% fat to lb., 9½%—½ lb.—43 gr.; ½ lb. bread—2% fat to lb., ½ lb.—1% or 4½ gr.; 12% protein to lb., 6% to ½ lb.—27 gr.; 72% C. H. to lb., ½ lb.—36% or 164 gr.

You may not find it necessary to follow a similar schedule for every meal, yet it is good to occasionally check yourself up on the meals you are serving. After a while this will come so easy to you that it will not be necessary for you to write down all the figures in percentages. A balanced meal means several things, namely, tasty meals, proper nourishment, and the balance that gives one comfort after eating a large meal.

See No. 10—TIME REQUIRED FOR DIGESTING FOOD for weights and measures of some solids and liquids.

1%—	4½	grams
2%—	9	"
3%—	13½	"
4%—	18	"
5%—	22½	"
6%—	27	"
7%—	31½	"
8%—	36	"
9%—	40½	"
10%—	45	"
11%—	49½	"
12%—	54	"
13%—	58½	"
14%—	63	"
15%—	67½	"
16%—	72	"
17%—	76½	"
18%—	81	"
19%—	85½	"
20%—	90	"
21%—	94½	"
22%—	99	"
23%—	103½	"
24%—	108	"
25%—	113	"
You can continue same to 100%.		

GUIDE FOR DIETING

Physicians have variously estimated that from 50% to 75% of our ills are caused by the food we eat. The causes being numerous and complicated, we only attempt in a general way to outlay these causes.

Many foods whose chemical constituents are opposed to each other when eaten will cause a violent reaction when brought together in the stomach. When a number of these foods are eaten, the stomach gives off a juice known as hydrochloric acid to aid the digestion. The excess of this acid in the stomach produces fermentation and decomposition, hence it is not what we eat, but what combinations of foods we eat that cause our numerous stomach troubles.

Herewith are a few of the causes:

1. Too much meat. Man's principle food, if not the natural food, is and should be, the vegetarian diet.

2. Too much acid fruit. While good in themselves, the proper amount is essential.

3. Too much sweet. Most foods contain some carbohydrates and others abound in it, and the sweet found in these natural foods are sufficient for the requirements, but add to this candies, pure cane sugar, syrups, honey, and the hundreds of foods that are sweetened with sugar, and you will have it in excess.

4. Eating too much. So much can be said about this that it will suffice to say, study the chart and eat only the amount required by your body.

5. Total disregard for the combinations of foods. It would be well to consult your physician, showing him the chart and have him outline the proper foods for you.

6. Total disregard for the season of the year, time of the day, kind of food required, age of person, which meal of the three we eat, and the physical condition we are in, are often the causes of many of our troubles. Both animate and inanimate things require adjustment to conditions that surround them. This is also true about yourself. On a separate sheet is given the time for digesting some of the principal foods, and it is wise to consult this to determine how long the food should remain in your body.

GUIDE FOR DECREASING WEIGHT

There are many factors and as many different conditions that control obesity. We can only generalize and show you the cause and how it can be remedied. Calories are the heat units or energies on which the body lives. For persons in their several walks of life and at different ages, we give the following schedule:

Schedule of Calories Per Day—And Estimated Per Meal.

	Per Day	B.	L.	D.
Man working without doing muscular work.....	2700	540	540	1620
Man doing light muscular work.....	3000	600	600	1800
Man doing moderate muscular work.....	3500	700	700	2100
Man doing hard muscular work.....	4500	900	900	2700
A woman or girl using much muscular energy....	2700	540	540	1620
A woman or girl using little muscular energy....	2200	440	440	1320
A boy or girl between 10 and 12 yrs. at least.....	2000	400	400	1200
A boy or girl between 6 and 9 yrs. at least.....	1700	340	340	1020
A boy or girl between 2 and 5 yrs. at least.....	1400	280	280	840

By the aid of the chart and the rules for figuring as found in guide for BALANCED MEALS, one can easily find the amount of grams of fat, protein and carbohydrates they are eating. To obtain the number of calories you multiply the number of grams of fat by 9.3, and the number of grams of protein by 4.1, and the number of grams of carbohydrates by 4.1, and when added together will give you the number of calories in that meal. We use as example the meal suggested in the guide for BALANCED MEALS, there are 216 grams of fat $\times 9.3 = 2008.8$ calories; $316\frac{1}{2}$ grams of protein $\times 4.1 = 1297.6$ calories, and 1112 grams of carbohydrates $\times 4.1 = 4559.2$ calories. All three added together equals 7865.6 calories or 2621.5 per person. By referring to above schedule you will notice this is an exceptionally heavy meal.

The secret of reducing is the eating of less calories than the body requires, causing the body to draw on its own strength, thereby depreciating it.

To generalize: Eat foods colored yellow on the chart in preference to others; and foods colored red in preference to those colored blue and green.

THERE IS NO NEED TO REFRAIN FROM ANY PARTICULAR KIND OF FOOD AS IT IS GENERALLY SUPPOSED, AND DO NOT TRY TO LIVE ON TOO SMALL A RATION AS YOUR BODY REQUIRES BULK.

Example: A woman doing housework requiring 2200 calories per day, or 1320 for dinner, and serving a meal such as the one found in GUIDE FOR BALANCED MEALS, means she will have to cut down from 2621.5 to 1320, or a difference of 1300 calories. This is how she can do it:

Option 1. Eating only what you desire, providing it is less than 1320 calories.

Option 2. Eating one-half portion of everything on the menu except those foods that contain a large percentage of water. These foods yield a small number of calories and at the same time give the bulk and volume to satisfy.

GUIDE FOR INCREASING WEIGHT

The chart offers you a number of rules that physicians have agreed must be adhered to in order to increase one's weight.

The first requisite, however, is finding the cause of your underweight. It can be caused by the blood, poor digestion, **overwork**, worry, nervousness, and a number of other things. This you must find, and attempt to allay the cause.

2. On the chart you will find foods that contain the Vitamines as explained on inside cover, pocket. Scientists have claimed that not only are these Vitamines necessary for the continuance of life, but it is also necessary to have sufficient Vitamines to increase your weight. Check over the foods that you have eaten for the day to ascertain if you have eaten the proper amount. You will note that there are three Vitamines, known as A, B, C. Also that it is designated on the chart the abundance found in each one of the three Vitamines, as: Va, which shows that there was a trace of this Vitamine found in that food. Where more is found, as in Vcccc, it shows that this Vitamine has been found in abundance.

3. Refer to guide for decreasing weight and reverse the plan. That is, eat more calories than your body consumes and the excess will be stored away in fat. The difficult part of increasing the weight over decreasing the weight is that you can refrain from eating, but not always have the appetite to eat. This, then, in many cases, must be stimulated, so the following is suggested to help stimulate the appetite:

1. Drink a cup of cooled or cold water before breakfast.
2. Brush teeth and cleanse mouth with a good mouth wash.
3. Regulate your natural habits.
4. Plenty of both exercise and fresh air.
5. Moderate use or elimination of tobacco, especially before meals.
6. Putting yourself in a happy frame of mind while eating.
7. Unless hungry, eliminate all eating between meals.
8. At your meal eat first the foods that contain the most calories.
9. Drink as little water as necessary to quench thirst while eating.
10. Eat a food commonly called an appetizer with your meal.

GUIDE FOR GENERAL HEALTH

While no specific food is known to supply any particular organ of the body, it is well known that certain foods best serve some organs either directly or indirectly.

The foods found on the chart in Roman numerals are considered as having some effect on the organs bearing similar numerals below:

- I The Blood.
- II Kidneys.
- III Heart.
- IV Bones, Nails, Teeth, etc.
- V Brain.
- VI Liver.
- VII Nerves.
- VIII Stomach and Intestines.

Some foods constipate while others have the opposite effect, and the same foods do not have the same effect on two people. The digestion of food is in a great many cases determined by the working conditions of the digestive organs, such as the stomach, large intestines and small intestines. The list above is intended to assist the readers in determining which foods can best serve their needs. Do not mistake this to mean that these foods will cure any case of organic breakdown, such as No. III foods curing heart trouble. The whole intention is to assist one to help bring back to normal that which is not and help them retain that normalcy when once gotten.

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GUIDE FOR CHEAPER MEALS

All housewives may not be interested in this guide, for some do not cook by the rules of economy, yet, for the benefit of those who desire it, we offer the following example of a few foods:

Kind	100 Cal. to pound	Price per pound	Cost per 100 Cal.
Ribs Beef	11	16 c	.014 or 1 2/5c
Porterhouse	11	22 c	.02 or 2c
Loin Chops, Mutton.....	11	30 c	.027 or 2 7/10c
Veal Cutlets	7	28 c	.04 or 4c
Kidney Beans	8	16 c	.02 or 2c
Corn	4	20 c	.05 or 5c
Bananas	2	4 c	.02 or 2c
Apples	1	8 1/3c	.08 or 8c
Peaches	1	8 1/3c	.08 or 8c
Wheat Flour	16	5 2/5c	.003 or 3/10c
Rice	16	5 3/5c	.003 or 3/10c
Sugar	17	7 1/2c	.004 or 4/10c

In giving the 100 calories per pound, same is figured as follows: For instance, sugar has 1750 calories to the pound, which would mean 17 1/2 hundred calories to the pound, but in figuring same for a price per 100 calories, we drop the fraction and figure same as 17. In the case of rice, there are 1620 calories to the pound, which would mean 16 1/5 hundred calories, but same is figured as 16 in figuring price.

It will be noted that not all the foods that are the cheapest per pound are the cheapest after all. It is not wise economy to try and defeat the necessary requirements of the body, trying to save a few cents, but you can easily cut your food bill down by buying the cheapest food PER HUNDRED CALORIES.

Eight hundred HUNDRED calories is the average consumed by a family of four in a week, and if the average is 2 cents per hundred calories, they would eat \$16.00 worth; now, if they can reduce this and eat the cheaper foods per hundred calories, say to 1 1/2 cents for 800 HUNDRED calories, the cost of the week's food bill would only be \$12.00, and still maintain the proper amount of energy with a saving of \$4.00.

Eight hundred HUNDRED calories means 80,000 calories, but as it is harder to figure in that way, we take the hundred calorie basis.

SUGGESTIONS FOR MEALS

The food chart in itself is a good suggestion for the Housewife as it assists her to keep in mind all the different foods obtainable, and is a good one for answering that problem of "What shall I have for the next meal?" There are 38 different kinds of meat shown on the chart, and 28 regular meat vegetables. It is considered that the meats and vegetables are the biggest problem of the meal, as other foods, such as fruits, nuts, beverages, etc., depend upon the season of the year.

A Housewife frequently forgets the many foods and a glance at the chart will often give her an idea that will be entirely new to her for a combination.

If the Housewife will start at the top and go through the meat column and mark the meats, leaving out those that the family do not care for, and do the same with the vegetables, in many cases she will find that the number of the meat and the number of the vegetable corresponding with each other is a happy suggestion for her that day; i. e.:

- | | |
|----------------------|----------------|
| 1. Beef, flank | 1. Asparagus |
| 2. Ham | 2. Beans, Navy |
| 3. Pork Shoulder | 3. Cabbage |
| 4. Porterhouse Steak | 4. Carrots |
| 5. Pork, Loin Chops | 5. Spinach |
| 6. Lamb Breast | 6. Peas |

It is understood that these above suggestions are not based either on combination or balance, but merely where it is desired to have a suggestion for a meal. In getting up your combinations, should you not like No. 1 meat and No. 1 vegetable as a combination, and you should choose with your No. 1 meat the No. 5 vegetable, keep a note of this combination on the back of the chart or on a separate pad, and designate same as No. 15 combination, and, for instance, No. 4 meat with No. 1 vegetable, combination No. 41. In this way you would not be apt to have the same meat and vegetable combination two consecutive times. By referring to these numbers you would always have a combination you liked without much thought.

After the combinations suggested by yourself have been used, it is a wise plan to re-number the foods so that the same combinations are not gotten. This little idea often brings some wonderfully tasty combinations and it is surprising just how easily it helps plan a meal. By way of suggestion, it is considered wise to consult some of the other members of the family when making out this combination, as it may surprise you to find out that they like more of the foods than you perhaps thought.

This same idea can also be carried out with fruits, desserts and nuts.

SUGGESTIONS FOR COMBINATION OF FOODS

Meat	Potatoes	Vegetables	Fruit	Dairy Products	Relishes	Pastry	Beverages	Cereals	Soups	Desserts
Fatty Hot	Baked Mashed	Hot	Stewed		Tomato Product	Bread	Hot Stimulant		Creamed	Custard Cold
Fatty Cold	Salad Creamed AuGratin Chips	Cold Raw	Hot Tart		Tomato Product	Biscuit or Bread	Cold			Cake Pie Pudding
Lean Hot	Boiled	Hot	Cold Tart		Mustard or Pickled Product	Rolls	Hot Stimulant		Fish Meat or Creamed	Pudding or Custard
Lean Cold	Salad or Fried	Pickled	Cold Tart Berry	Cheese	Horse Radish or Mustard	Biscuit Bread	Hot			Cake
Sausages Hot	Scalloped or Baked	Hot	Stewed		Pickle or Tomato Product	Biscuit Bread	Hot Stimulant		Creamed	Pie
Fresh, Fried or Baked Fish	Fried Baked	Hot	Stewed		Tomato Product	Bread	Hot		Creamed	Pudding
Cold or Canned Fish	Scalloped Chips	Raw			Tomato Product	Bread	Hot Stimulant			Pudding Pie or Custard
Breakfast Meats			Acid or Cold	Eggs		Coffee Cake Rolls	Hot Stimulant			
			Stewed	Eggs Milk		Coffee Cake or Toast	Hot Stimulant	Hot		
			Acid or Cold				Hot Stimulant	Corn, Wheat, Buckwheat or Potato Pancakes		
Breakfast Meat	Fried					Bread	Hot Stimulant			

Raw—Uncooked.

Cold—Cooked and cooled.

Stimulant—Coffee or tea. Suggested only to those accustomed to them; otherwise, cocoa, chocolate, Postum, lemonade, etc., is recommended.

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